

Veteran Services Contact Form

Please make this form work for you--contact listed services direct, **call** the Maine Women Veterans' Commission at 207-430-6035, **fax** to 207-626-4471 or **e-mail** to mainebvs@maine.gov. You can also **mail** it to the Maine Women Veterans' Commission, 117 State House Station, Augusta ME 04333-0117. **Please write clearly.**

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Telephone

Home: _____

Work: _____

Cell: _____

E-mail Address: _____

Branch of Service: _____

Years in Service: _____

Type of Service (Circle): **Active Duty** **Reserves** **Guard**

Can we share your name, address and a copy of this form, pages 1 and 2, with the veteran service agencies listed on the back of this registration form?

Circle: **Yes** **No**

Comments:

Please sign and date below.

Print Name

Signature

Date

What Veteran Services Are Important to You?

Listed below are veteran services available in Maine. Please check services you are interested in and/or would like someone to contact you about.

Veterans' Health Administration (VHA)

_____ If you are not enrolled (completed VA Form 10-10EZ) with the Veterans' Health Administration (VHA), would you like assistance to complete the VA Form 10-10EZ?

_____ Women Veterans: Would you like the VHA Women Veterans' Program Manager to contact you and share information on women veteran health care services? If you are enrolled, and you do not have a VHA health care ID card, do you want to know where to get one?

If you are enrolled, and you do not have a VA health care ID card, you can call the Togus VA Medical Center at 1-877-421-8263 and ask for the nearest VA facility with the capability to make ID cards. This web site provides general VA ID Card guidance: www.va.gov/healtheligibility/application/IDCard.asp.

Veterans' Benefits Administration (VBA)

_____ If you have not applied for compensation and/or pension benefits (completed VA Form 21-256) with the Veterans' Benefits Administration (VBA), would you like assistance to complete VA Form 21-256?

_____ Women Veterans: Would you like the VBA Women Veterans' Coordinator to contact you with information about VA benefits?

Important: If you file a claim or claim appeal, consider representation. With your authorization, you can be legally represented by a state or veteran service organization representative, claims agent or an accredited attorney. These individuals will ensure your claims package is completed correctly throughout the initial application as well as follow-up claims and/or appeals processes. Call Maine Veterans' Services or go to the web sites listed on the attached resource list to locate an officially-sanctioned claims representative.

VA Vet Center Services

_____ Would you like a VA Vet Center employee to contact you regarding eligibility for readjustment services and/or referral for other services? Vet Centers maintain strict confidentiality.

Maine Veterans' Services (MVS)

_____ You and your spouse are eligible to apply for Maine Veterans' Memorial Cemetery services. Would you like a MVS employee to contact you?

Important: Verify that MVS has your military service discharge form on file--DD214, NGB22 or other official discharge form. Your military discharge form is not automatically sent to Maine from DoD or another state. Call 207-430-6035 or e-mail to mainebvs@maine.gov.

Maine Veterans' Homes (MVH)

_____ If you have one day or more of active duty service for other than training, you and your spouse are eligible for admissions consideration. Would you like a MVH employee to contact you?

Contact Resource List: See the attached list of resources you can connect with for assistance.

We highlighted some of the most frequently used services for quick reference.

Connect with These Veteran Resources

We greatly appreciate your service to our nation. As you make life plans, we hope you will access Maine's veteran service community to learn about the local, state and federal benefits. Maine has a long and proud heritage of women and men serving on behalf of our nation and our communities continue to express their interest in reaching out to veterans. They provide a vast array of services and opportunities.

Far too few women veterans access Veterans' Administration (VA) and other agency services or do not take the time to apply for assistance. If you or someone you know served in the military, non-combat or combat, it's important for you to become familiar with available veteran health care and benefits. Please do so now...it's all about helping you make decisions that promote your self-reliance through day-to-day money management and lifelong self-sufficiency planning.

How can you connect with some of the most important services available to Maine Veterans?

Maine Veterans' Services: 207-430-6035 www.mainebvs.org

Maine Women Veterans' Commission: 207-430-6035 www.mainebvs@org

Togus VA Medical Center: 1-877-421-8263, Ext. 5688 www.togus.va.gov

VHA On-line 10-10EZ Application for Health Benefits: www.1010ez.med.va.gov/sec/vha/1010ez/

Health Care/Women Veteran's Clinic: 1-877-421-8263, Ext. 4017 www.publichealth.va.gov/womenshealth

Ask for: LaRhonda Harris, Women Veterans' Program Manager

Mental Health Care: 1-800-905-4675 www.mentalhealth.va.gov/women_vets.asp or www.vetcenter.va.gov

Maine Vet Centers (Caribou, Bangor, Lewiston, Portland and Sanford): 207-490-1513

VA Form 21-256 Application for (non-health) Benefits: <http://vabenefits.vba.va.gov/vonapp/main.asp>

Benefits, Claims, Compensation & Pension: Togus VA Regional Office: 1-800-827-1000 www.vba.va.gov

Women Veterans' Coordinator/Togus VA (Benefits/claims): 207-623-8411, Ext. 4499 www.vba.va.gov

Ask for: Pat Iles or Heather Cox, Women Veteran Coordinators

Center for Women Veterans/VA: www.va.gov/womenvet

Maine Career Center: 1-888-457-8883 www.mainecareercenter.com

Education/Vocational Benefits: GI Bill Assistance 1-800-GIBILL-1 www.gibill.va.gov

VA Home Loans: 1-800-827-6311 www.vba.va.gov/ro/manchester/lgy/main/loans.html

Small Business Loans: 207-622-8555 www.sba.gov/vets

Property Tax Exemptions: Home town municipal office

State Park Passes: 207-430-6035 www.mainebvs.org

Maine Veterans' Homes: 1-800-278-9494 www.maineveteranshomes.org

Maine Veterans' Memorial Cemetery: 207-287-3481 www.mainebvs.org

MVS On-line Cemetery Eligibility Application: www.maine.gov/dvem/bvs/MVMC_1.pdf

Veteran Service Organizations: www.maine.gov/dvem/bvs/offices.htm
www.va.gov/ogc/apps/accreditation/index.asp

Maine Women Veterans' Memorial Silver "Forever Remember" Coin Request: 207-430-6035
www.maine.gov/dvem/bvs/Women_Veterans_Plaque_Donations.htm

Women in Military Service for America (WIMSA) Registry: www.womensmemorial.org
(Women veterans & servicewomen national memorial in Washington D.C.)

Important: If you file a claim or claim appeal, consider representation. With your authorization, you can be legally represented by a state or veteran service organization representative, claims agent or an accredited attorney. These individuals will ensure your claims package is completed correctly throughout the initial application as well as follow-up claims and/or appeals processes. Call Maine Veterans' Services or go to the web sites listed above to locate an officially-sanctioned claims representative.

Joining a veteran service organization will also help you stay informed of new benefits and services. These organizations provide an opportunity for you to connect with other veterans. Networking and membership are critical to ensuring veteran services continue to improve the next few decades at the state and national levels.

You're part of Maine's community of well over 140,000 proud veterans--10,000+ women veterans...make time to plan for your future!